



Independence Now is the Center for Independent Living for  
Montgomery and Prince George's Counties

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## Travel Training

Learn how to get around on your own on Metrorail and Metro bus through a FREE travel training Program

Independence Now is working with Metro on a Travel Training program for people with disabilities and/or older adults who want to learn to travel safely and independently using public transportation in the Washington Metropolitan Area.

During the comprehensive, individualized multi-day program, the Travel Trainer teaches a variety of travel skills that will enable the consumer to ride local transportation, independently.

The travel skills include, but are not limited to:

- Identifying transportation options
- Reading maps and schedules
- Planning the trip
- Buying and using fare cards
- Identifying the appropriate bus and/or train to ride
- Boarding, riding, and de-boarding trains and buses
- Crossing the street
- Maintaining appropriate behavior
- Learning safety skills
- Handling unexpected situations or problems
- Planning for emergencies

The Travel Trainer will work until the consumer is confident and proficient in each travel skill.

Call the Independence Now Travel Trainers, Georgia or Damian at 301-277-2839 to start the process. They will set up an appointment to come out to your house or to a place of your choosing to discuss your travel skills and goals. The actual travel training will last until you are able to travel safely and independently.

Eligible participants who complete travel training will receive a free Reduced Fare SmartTrip® card with \$50 in transit fare!



## Cooking Class's First Graduation

Since Independence Now, Inc. began the **Creative Cooking Class**, individuals with disabilities from Montgomery and Prince George's Counties have learned easy, safe and effective ways to prepare meals. More than 20 consumers have participated in the classes which consisted of hands-on demonstrations of cost effective, healthy and nutritional meals. Operation Front Line facilitated a 6-week cooking class from June 18th to July 23rd.

Congratulations to the thirteen graduates who received a cookbook, a canvas shopping bag and certificate of completion:

Linda Abraham      Natthaporn Nimsaneh  
Rhonda Richmond      Willene Duncan  
Carol Anderson      Jackie Littleford  
Dorene Crawford      Annette Rodgers  
Karen Diggs      Angel Rozak  
Rosemary Simms      Mary Walker  
George Merriwether

If you live in Montgomery or Prince George's Counties and have a disability and desire to increase your cooking skills, while enhancing your independence, call an Independent Living Specialist at 301-277-2839 to sign-up.

## Movie Advocacy Night Changes its Name, Date, and Time

**Movie Advocacy Night** is a monthly activity at which consumers gather to watch a movie, eat a small dinner, and discuss the advocacy implications the movie raises. We have enjoyed such movies as *Forest Gump*, *Million Dollar Baby*, *A Beautiful Mind*, and *One Flew Over the Cuckoo's Nest*. With enough advanced notice, we can offer accommodations for people with visual and hearing impairments.

It has been brought to our staff's attention that some consumers would rather have the Movie Advocacy event held earlier in the day. Some find it difficult to travel at night. So last month, Movie Advocacy Night became "**The Advocates' Theater**" and met from 2:00 PM to 5:30 PM on the fourth Monday of the month. The emphasis is still on advocacy and lively discussions. Light refreshments will be served.

This month it will be on Monday, September 27th and the movie will be **My Sister's Keeper**. See the monthly calendar for de-

## INTOUCH

has a mailing list of over 300 individuals, including every consumer, Board Member and every member of Independence Now, Inc.

This is very exciting and very costly.

If you would like to **save us the cost of postage** and **receive your Newsletter by e-mail**, or if you would like to **read it monthly on our website [innow.org](http://innow.org)**, please contact **Trish Foley at [PFoley@innow.org](mailto:PFoley@innow.org)** and let her know how you would like to receive the Newsletter.



## MEN'S GROUP

During the **Men's Group** on August 14<sup>th</sup>, the members discussed finances, housing opportunities, and the things that can hinder someone from employment.

Staff members, Keslye Neal and Rochelle Harrod led the discussion on how to manage finances while looking to buy a house or rent an apartment. They introduces such topics as the benefits of seeking advice from professionals, owning vs. renting, affordable housing and the value of good credit.

The things that can hinder employment opportunities included the importance of keeping personal activities private and off of the social networks. Information posted on MySpace, FaceBook can be found by interviewers when doing background checks. A person's appearance, credit rating and driving record are also noted by employers.

Keslye Neal expressed how important is it for men to be able to provide for themselves and their families. Keslye shared that the **Men's Group** "symbolizes a group of men who are taking the responsibility for taking care of their own business, but getting the correct information to pursue opportunities. The **Men's Group** is open to all and we hope men of all sizes, shapes, religion or creed will come and meet and discuss the issues we come upon as men."

The next **Men's Group** meeting will be on Friday, September 10 from 1 – 3 pm at Independence Now to address whether we are existing or living in the world.

## Reflections on the ADA Anniversary

The U.S. Congress, under the George H.W. Bush administration, enacted the American Disability Act (ADA) into law on July 26, 1990. The past twenty-years serve as a reminder that Americans with disabilities are not a sect of people fighting for a cause, but individuals desiring to live according to their civil rights.

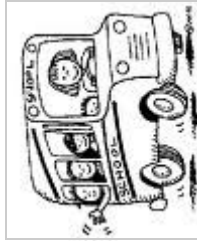
Recent events celebrating the 20-year passage of the ADA in the Maryland and Washington DC metropolitan area have been exhilarating. Individuals with disabilities, activists, families, friends, businesses and veterans of the Disabilities Civil Rights Movement came together to celebrate this monumental occasion — celebrating accommodations such as accessibility to buildings, employment, education, transportation, businesses, programs, services, basic community life, and overcoming architectural barriers.

The ADA has opened a door that allows Americans with disabilities into full participation in society on the basis of their character, talents, experience, skills and qualifications. As a person with a disability, these changes have afforded me the chance to live independently, raise my daughters, drive a vehicle and have accessible parking, worship and serve in church, shop and dine, have access to medical treatments and work a 40-hour week. Above all, having the right of choice has caused me to gain respect for my country, my community and myself.

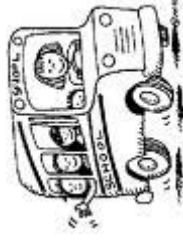
Washingtonians and Marylanders, as we live, we celebrate and advocate. Thank you to all who have fought and continue to fight for our civil rights.

Deborah Jackson

Director of Independent Living Services



# SEPTEMBER 2010




## WOMEN'S GROUP — Women and Disability

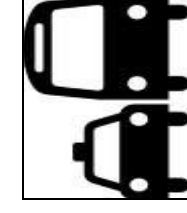
We will be discussing the issues, and goals we have in common as women with disabilities. Please contact Rochelle if you need accommodations.

**RSVP** to Rochelle Harrod at 301-277-2839 or [RHarrod@innow.org](mailto:RHarrod@innow.org)

**When: Tuesday, September 7<sup>th</sup> from 12 to 2 pm**

**Where: Independence Now**

SUN	MON	TUES	WED	THURS	FRI	SAT
			1	2	3	4
5	6 Office Closed 	7 WOMEN'S GROUP	8 T.A.G.	9	10 MEN'S GROUP	11
12	13	14	15	16 MEN'S & WOMEN'S GROUPS	17	18
19	20	21	22	23 HOUSING SEMINAR	24	25
26	27 Advocate's Theater My Sister's Keeper	28	29	30		



## TRANSPORTATION ACTION GROUP (TAG)

Discussion and advocacy on issues affecting individuals that use the MetroAccess and public transportation system.

Please contact Rochelle or Wes if you need accommodations.

**RSVP** to Rochelle Harrod or Wes Young at 301-277-2839 .

**When: Wednesday, September 8<sup>th</sup> from 2 — 4 pm**

**Where: Independence Now**



## MEN'S GROUP — From Existing to Living

Discover ways to enjoy life. Live, Love and Laugh is a great motto for today. Learn how these things can add fulfillment, joy and a way of looking forward to tomorrow.

**RSVP** to Kesley Neal at 301-277-2839 or [kneal@innow.org](mailto:kneal@innow.org).

**When: Friday, September 10<sup>th</sup> from 1— 3 pm**

**Where: Independence Now**



## MEN'S & WOMEN'S GROUPS— Walk and Talk

The two groups will meet at the Food Court newly renovated *Mall at Prince George's* for lunch and a discussion followed by a tour to explore the new attractions and shops. Members are responsible for their own lunch and purchases.

**RSVP** to Rochelle at 301-277-2839 or [rharrod@innow.org](mailto:rharrod@innow.org)

**When: Thursday, September 16<sup>th</sup> from 12 — 3:30 pm**

**Where: The Mall**

3500 East West Highway  
Hyattsville MD 20782



**HOUSING INFORMATION SEMINAR:** An informational session about affordable housing options in Montgomery and Prince George's counties. Information about housing programs, where to look, and how to apply. We have housing lists and applications available and can provide one-on-one assistance in starting the search for a new home. Get in touch with Wes Young at 301-277-2839 or at [WYoung@innow.org](mailto:WYoung@innow.org) for information.

**When: Thursday, September 23<sup>rd</sup> from 1-- 3 pm**

**Where: Independence Now**



## THE ADVOCATES' THEATER — My Sister's Keeper

Conceived by means of in vitro fertilization, Anna Fitzgerald (Abigail Breslin) was brought into the world to be a genetic match for her older sister, Kate (Sofia Vassilieva), who suffers from acute promyelocytic leukemia. Knowing that she will have to donate one of her kidneys to her sister, Anna sues her parents for medical emancipation and the rights to her own body. Attorney Campbell Alexander (Alec Baldwin) agrees to work for Anna pro bono. Moral and ethical questions are raised and should lead to a lively discussion.

**Please contact Rochelle by September 13<sup>th</sup> if you need accommodations.**

**RSVP** to Rochelle Harrod at 301-277-2839 or at [RHarrod@innow.org](mailto:RHarrod@innow.org)

**When: Monday, September 27<sup>th</sup> from 2 — 5 pm**

**Where: Independence Now**

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 \*\* CORRECTION \*\*  
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 The Editor on *IN Touch* apologizes for any inconvenience caused by the inconsistencies in the August Calendar. Please note that **Women's Group is held on the 1st Monday, Men's Group is held on the 2nd Friday, TAG is held on 2nd Wednesday, Housing Seminar is held on the 4th Thursday, and Advocates' Theater is held on the 4th Monday** of every month. In the case of Holidays, meetings will be held on the next business day.  
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